

Preferred Meal Systems

September 2010

LNJH - 4-12 Traditional

ASA0831407

AmeriSchools Academy

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Weekly Avg | |
|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|--------------------|-------|
| 30 | | 31 | | 1 | | 2 | | 3 | | | |
| . | | | | CALORIES(KCAL) | 815.9 | CALORIES(KCAL) | 681.0 | CALORIES(KCAL) | 856.0 | CALORIES(KCAL) | 784.3 |
| . | | | | PROTEIN(GM) | 23.8 | PROTEIN(GM) | 31.6 | PROTEIN(GM) | 36.1 | PROTEIN(GM) | 30.5 |
| . | | | | CALCIUM(MG) | 409.7 | CALCIUM(MG) | 497.0 | CALCIUM(MG) | 797.0 | CALCIUM(MG) | 567.9 |
| . | | | | IRON(MG) | 4.6 | IRON(MG) | 5.2 | IRON(MG) | 5.3 | IRON(MG) | 5.0 |
| . | | | | VITAMIN A(RE) | 152.0 | VITAMIN A(RE) | 204.0 | VITAMIN A(RE) | 720.6 | VITAMIN A(RE) | 358.9 |
| . | | | | VITAMIN C(MG) | 15.1 | VITAMIN C(MG) | 15.2 | VITAMIN C(MG) | 13.8 | VITAMIN C(MG) | 14.7 |
| . | | | | SAT FAT(GM) | 9.8 | SAT FAT(GM) | 9.3 | SAT FAT(GM) | 10.3 | SAT FAT OF CAL % | 11.2 |
| . | | | | TOTAL FAT(GM) | 29.6 | TOTAL FAT(GM) | 20.1 | TOTAL FAT(GM) | 31.9 | TOTAL FAT OF CAL % | 31.2 |
| 6 | | 7 | | 8 | | 9 | | 10 | | | |
| . | | CALORIES(KCAL) | 669.9 | CALORIES(KCAL) | 835.1 | CALORIES(KCAL) | 993.7 | CALORIES(KCAL) | 757.1 | CALORIES(KCAL) | 814.0 |
| . | | PROTEIN(GM) | 28.5 | PROTEIN(GM) | 28.0 | PROTEIN(GM) | 27.5 | PROTEIN(GM) | 30.4 | PROTEIN(GM) | 28.6 |
| . | | CALCIUM(MG) | 796.5 | CALCIUM(MG) | 446.7 | CALCIUM(MG) | 651.0 | CALCIUM(MG) | 440.5 | CALCIUM(MG) | 583.7 |
| . | | IRON(MG) | 3.7 | IRON(MG) | 4.6 | IRON(MG) | 5.5 | IRON(MG) | 4.7 | IRON(MG) | 4.6 |
| . | | VITAMIN A(RE) | 329.9 | VITAMIN A(RE) | 270.6 | VITAMIN A(RE) | 687.9 | VITAMIN A(RE) | 259.0 | VITAMIN A(RE) | 386.9 |
| . | | VITAMIN C(MG) | 100.5 | VITAMIN C(MG) | 67.5 | VITAMIN C(MG) | 20.1 | VITAMIN C(MG) | 63.8 | VITAMIN C(MG) | 63.0 |
| . | | SAT FAT(GM) | 6.7 | SAT FAT(GM) | 8.5 | SAT FAT(GM) | 7.5 | SAT FAT(GM) | 6.4 | SAT FAT OF CAL % | 8.0 |
| . | | TOTAL FAT(GM) | 17.3 | TOTAL FAT(GM) | 29.9 | TOTAL FAT(GM) | 32.1 | TOTAL FAT(GM) | 29.3 | TOTAL FAT OF CAL % | 30.0 |
| 13 | | 14 | | 15 | | 16 | | 17 | | | |
| CALORIES(KCAL) | 778.8 | CALORIES(KCAL) | 840.4 | | | CALORIES(KCAL) | 831.7 | CALORIES(KCAL) | 728.0 | CALORIES(KCAL) | 794.7 |
| PROTEIN(GM) | 34.3 | PROTEIN(GM) | 32.1 | | | PROTEIN(GM) | 21.0 | PROTEIN(GM) | 35.4 | PROTEIN(GM) | 30.7 |
| CALCIUM(MG) | 334.4 | CALCIUM(MG) | 618.3 | | | CALCIUM(MG) | 428.6 | CALCIUM(MG) | 463.6 | CALCIUM(MG) | 461.2 |
| IRON(MG) | 4.7 | IRON(MG) | 4.8 | | | IRON(MG) | 4.0 | IRON(MG) | 4.2 | IRON(MG) | 4.4 |
| VITAMIN A(RE) | 301.0 | VITAMIN A(RE) | 707.7 | | | VITAMIN A(RE) | 152.0 | VITAMIN A(RE) | 501.8 | VITAMIN A(RE) | 415.6 |
| VITAMIN C(MG) | 66.3 | VITAMIN C(MG) | 27.2 | | | VITAMIN C(MG) | 13.3 | VITAMIN C(MG) | 15.8 | VITAMIN C(MG) | 30.7 |
| SAT FAT(GM) | 4.7 | SAT FAT(GM) | 7.8 | | | SAT FAT(GM) | 7.9 | SAT FAT(GM) | 10.4 | SAT FAT OF CAL % | 8.7 |
| TOTAL FAT(GM) | 25.8 | TOTAL FAT(GM) | 26.6 | | | TOTAL FAT(GM) | 28.0 | TOTAL FAT(GM) | 27.0 | TOTAL FAT OF CAL % | 30.4 |
| 20 | | 21 | | 22 | | 23 | | 24 | | | |
| CALORIES(KCAL) | 948.7 | CALORIES(KCAL) | 594.3 | CALORIES(KCAL) | 843.8 | CALORIES(KCAL) | 767.3 | CALORIES(KCAL) | 800.0 | CALORIES(KCAL) | 790.8 |
| PROTEIN(GM) | 27.0 | PROTEIN(GM) | 29.0 | PROTEIN(GM) | 34.4 | PROTEIN(GM) | 28.2 | PROTEIN(GM) | 40.1 | PROTEIN(GM) | 31.7 |
| CALCIUM(MG) | 406.7 | CALCIUM(MG) | 473.4 | CALCIUM(MG) | 381.8 | CALCIUM(MG) | 599.2 | CALCIUM(MG) | 609.4 | CALCIUM(MG) | 494.1 |
| IRON(MG) | 4.9 | IRON(MG) | 3.7 | IRON(MG) | 4.9 | IRON(MG) | 7.4 | IRON(MG) | 3.3 | IRON(MG) | 4.8 |
| VITAMIN A(RE) | 393.5 | VITAMIN A(RE) | 470.0 | VITAMIN A(RE) | 682.1 | VITAMIN A(RE) | 338.0 | VITAMIN A(RE) | 721.8 | VITAMIN A(RE) | 521.1 |
| VITAMIN C(MG) | 65.1 | VITAMIN C(MG) | 16.8 | VITAMIN C(MG) | 29.9 | VITAMIN C(MG) | 104.2 | VITAMIN C(MG) | 7.7 | VITAMIN C(MG) | 44.7 |
| SAT FAT(GM) | 7.5 | SAT FAT(GM) | 6.7 | SAT FAT(GM) | 7.6 | SAT FAT(GM) | 9.6 | SAT FAT(GM) | 7.8 | SAT FAT OF CAL % | 8.9 |
| TOTAL FAT(GM) | 36.5 | TOTAL FAT(GM) | 19.6 | TOTAL FAT(GM) | 24.5 | TOTAL FAT(GM) | 23.8 | TOTAL FAT(GM) | 22.9 | TOTAL FAT OF CAL % | 29.0 |
| 27 | | 28 | | 29 | | 30 | | 1 | | | |
| CALORIES(KCAL) | 787.4 | CALORIES(KCAL) | 721.8 | CALORIES(KCAL) | 996.6 | CALORIES(KCAL) | 791.1 | | | CALORIES(KCAL) | 824.2 |
| PROTEIN(GM) | 29.2 | PROTEIN(GM) | 29.2 | PROTEIN(GM) | 34.1 | PROTEIN(GM) | 22.1 | | | PROTEIN(GM) | 28.7 |
| CALCIUM(MG) | 392.6 | CALCIUM(MG) | 544.8 | CALCIUM(MG) | 433.4 | CALCIUM(MG) | 380.1 | | | CALCIUM(MG) | 437.7 |
| IRON(MG) | 3.6 | IRON(MG) | 6.0 | IRON(MG) | 5.9 | IRON(MG) | 4.5 | | | IRON(MG) | 5.0 |
| VITAMIN A(RE) | 419.2 | VITAMIN A(RE) | 203.2 | VITAMIN A(RE) | 341.7 | VITAMIN A(RE) | 172.0 | | | VITAMIN A(RE) | 284.0 |
| VITAMIN C(MG) | 66.5 | VITAMIN C(MG) | 28.9 | VITAMIN C(MG) | 21.8 | VITAMIN C(MG) | 13.6 | | | VITAMIN C(MG) | 32.7 |
| SAT FAT(GM) | 6.9 | SAT FAT(GM) | 2.8 | SAT FAT(GM) | 9.3 | SAT FAT(GM) | 9.4 | | | SAT FAT OF CAL % | 7.8 |
| TOTAL FAT(GM) | 28.3 | TOTAL FAT(GM) | 15.5 | TOTAL FAT(GM) | 30.9 | TOTAL FAT(GM) | 29.2 | | | TOTAL FAT OF CAL % | 28.4 |